



2014-2015 DELAWELL PROGRAM

PROGRAM YEAR:
July 1, 2014 - May 31, 2015

REWARD YOURSELF WITH
THE BEST OF HEALTH...
YOU'RE WORTH IT!



EARN DELAWELL REWARDS UP TO \$200:

- 1. Know Your Numbers:** Participate in a **DelaWELL Health Screening** to be held at various locations throughout the state from July through November 2014 and January through April 2015 **OR** Submit a completed **NEW! Health Screening Provider Form** with your health values from a screening or office visit with your health care provider.
- 2. Get A Plan:** Complete your confidential online **Wellness Assessment** questionnaire for 2014-2015. In just 15-20 minutes, you will get your Wellness Score and personalized report with recommendations to help you reach your goals, such as increasing physical activity, improving eating habits and quitting smoking.
- 3. Call A Health Advisor:** Once you complete your online Wellness Assessment, call a confidential Health Advisor to review your results and discuss the different programs and tools available to you.
- 4. Participate In One Of The Following:**
 - **Weight Watchers® Program**
 - **NEW! Lifestyle Coaching ("Work with a Coach") Program**
 - **Condition Care Program**
 - **NEW! Quit For Life® Program; OR**
 - **Meet the Healthy Values**

DELAWELL REWARDS YOUR EFFORTS!

SILVER LEVEL: Complete Steps 1 and 2 to earn **\$100! OR**

GOLD LEVEL: Complete Steps 1 and 2 and 4 to earn **\$200!**

"Early Bird Payment"

Complete Steps 1 and 2 by October 15, 2014 and get your Silver Level Reward in December 2014!



DelaWELL Health Portal - <https://delawell.alerehealth.com>
1-866-674-9103